

LESSON 4: READY, GO...CROSSING THE FINISH LINE — YEAR 4

COMPLETING THE CHALLENGE

Did you meet or exceed the 85th percentile standards for your age and gender when you took the challenge in Year 3? If so, congratulations and try to achieve or exceed them again this time. If not, here is a chance to improve.

Before you begin, read the descriptions of the five exercises taken from the Presidential Physical Fitness Award program in Lesson 1 that make up the Cadet Challenge. Then, for each exercise, determine what standard to shoot for based on your age and gender. In addition, consider the following when you choose a standard:

- Since you are a cadet leader and your performance sets the example for others to follow, your instructors will encourage you to shoot for 85 percent or higher. If you achieve this standard, you are eligible to receive the Presidential Physical Fitness Award that consists of a Presidential certificate of achievement and a blue emblem.
- If you are unable to achieve the Presidential award, strive to achieve a standard between 50 and 84 percent. You are then eligible to receive the National Physical Fitness Award (NPFA) that consists of either a National certificate of achievement, a red emblem, or both.

- Remember, if you achieve Cadet Command's standards in Cadet Challenge, you are also eligible to receive the ROTC Athletic Ribbon.

BASIC RULES OF EXERCISE

Completing some of these exercises at the new levels may be difficult for you. However, if you maintain a good exercise program, watch your diet, and stay healthy, you will see positive changes in your body as you increase in self-confidence. Remember to follow these basic rules:

- ⇒ To produce positive results, exercise at least three times a week.
- ⇒ Begin your exercise program by warming up for five to seven minutes.
- ⇒ Spend at least 20 minutes on conditioning.
- ⇒ Allow four to six minutes for cool down.

If you perform at your best, you will find that you have a stronger body, feel better about yourself, develop an appreciation for health and fitness, and enjoy healthy athletic competition.

CONCLUSION

Cadet Challenge offers you the excitement of athletic competition, an opportunity to perform at your best, and a program to maintain a healthy, stronger body. Take advantage of the challenge to build strength and self-confidence.